

**Palisades Village Update**

**March 27, 2020**

Happy Friday! What a beautiful day! My windows are open and rays of sunshine are filling the living room “office.”  I am overwhelmed by the outpouring of our Palisades Village community and the community at large via the ListServes. I’ve had nearly a dozen offers for a request of a floor lamp for a member. Thank you for your generosity!

Don’t forget to join us for Happy Hour tonight, Friday, March 27, at 5:30 p.m. Let’s plan on having drinks on the deck to enjoy this lovely evening! You don't have to use a computer to participate, you can just dial +1 301 715 8592 on your phone and enter the meeting #987 914 843.  If you do use your computer go to <https://zoom.us/j/987914843> and enter Meeting ID #987 914 843.  If you are having trouble accessing Zoom, let us know and we will find someone to talk you through it.

The Events Committee is busy planning virtual events. We welcome your ideas! What would you like us to offer? Would you like to present or do you have someone in mind to present? We’ve planned some great programs and are also partnering with other DC Villages and Around Town DC to make sure you are healthy and happy. If you are having trouble connecting via telephone or on your computer, please let Erica or your neighborhood team captains know.

We encourage you to check out our new [website](https://www.palisadesvillage.org/), especially the latest news in our What’s Happening section. We are pleased to invite you to help with Sibley’s hospital needs and bring some cheer to our unsung heroes who are working tirelessly to keep us safe and healthy.

There is an excellent article from the *Harvard Business Review* on grief that Sharon Wiener, one of our members and volunteers, shared with us. As we struggle with the impact that the Coronavirus is having on us, it is particularly perceptive and potentially helpful to understand what we are feeling emotionally. <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Look for Sunday’s Calendar of Events coming to you virtually or with the help of a team captain. Palisades Village is planning a special Happy Hour next week and your pet is invited! We’re showcasing our furry friends.  It’s sure to bring a smile and warm the heart.

Please don’t forget to contribute to our Creative Corner…we have lots of talents that we’d like to share with our members. Surprise us! Until tonight!

Andrea

**Creative Corner:**



Worth a Visit: Maryland’s Eastern Shore

Some people say the Eastern Shore of Maryland is behind the times. As if that were a bad thing, which it is not. True, the pace of life is a lot slower out here. But that is precisely why I like it. As I cross over the Bay Bridge from the Western Shore to the Eastern Shore, I can just feel the stress of Washington sloughing off my shoulders. It is beautiful here, but more than that, there seems to be more time to actually observe and enjoy the beauty. Time to watch the ospreys building their nest and raising their chicks. Time to paddle around in our kayaks, or pedal around on our bikes. And yes, time to enjoy the sunsets.

When we bought a weekend house out here 20 years ago, we thought of it as a place where we could spend time with our kids, doing the kinds of things that we had no room for at our home in the city. We installed a basketball hoop, a trampoline, a ping-pong table, and bought a boat. Only the swimming pool was never realized. Now that the kids have moved away and are starting families of their own, things have changed of course. They still enjoy getting together here for family events at Easter or Thanksgiving, but mostly Sara and I come here by ourselves to savor the peace and quiet, and enjoy nature.

*Arne Paulson, President, Palisades Village Board of Directors*

**Helpful Corner:**

If you'd like to help out everyone working so hard at Sibley, while also supporting local restaurants, consider donating to Sibley's frontline support here: <https://sibleyfoundation29887.thankyou4caring.org/pages/frontline-support>All funds will be used to immediately feed Sibley staff. By donating directly, staff at Sibley can maximize ordering and maintain food safety requirements.

Sibley is currently accepting donations of the following:

N95 Face Masks (unused), Surgical Masks, Hand Sewn Masks (<https://bit.ly/2vUZJIO>), safety goggles, face shields, disposable gowns, non-latex gloves, hand sanitizer (unopened), disinfecting/Bleach wipes (unopened). These may be dropped off in the white bin in the Building A lobby and Building B lobby Monday-Friday 10 a.m. - 4 p.m.

**Activities:**

We have a list of online activites to get you through this trying time.  Please see the [listing](https://palisades.helpfulvillage.com/editable_pages/10021-covid-19-resources) on our website and feel free to contribute anything that you found interesting.

Here is a program from our friends at Silver Spring Village.  It is a Conversation with the Oldest Living Tuskegee Airman Charles McGee on Youtube at <https://youtu.be/X4-C2-SjFaE>.

**News:**

The latest news from the DC Department of Aging and Community Living can be found [here.](https://content.govdelivery.com/accounts/DCWASH/bulletins/2809eb1)